



...SELF-HELP...

Nationally, *Self-Help* is being recognized as an important and integral part of the recovery program for consumers of mental health services. There is a growing acceptance and support among the mental health system and professionals regarding the value and need of peer run self-help groups for consumers. This is a direct result of consumer's representation, participation and perspectives within the mental health system. Simply stated, self-help group participation empowers consumers and embraces the concept of active participation in all facets of a consumer's recovery.

“Self-Help Programming Promotes Consumer Recovery!”

This *Directory* is a result of a coalition of agencies and individuals which includes: The Erie County Department of Mental Health, Mental Health Consumers, Peer Agencies and Traditional Treatment Providers coming together to improve the planning, accessibility, delivery and quality of services to mental health consumers. This coalition is called the “*Partnership*.” We have acknowledged that we are players on the same team and equal business partners, who have shared values, goals and objectives. The compilation of these self-help group resources is intended to provide and coordinate information to the people of Erie County with mental health issues and will be up-dated every six months.

Special thanks... to the Partnership, Commissioner Michael Weiner, The Erie County Department of Mental Health, and especially those individuals who **volunteered** to be a part of the...

Self-Help Multimedia Resource Subcommittee:

Terri Cochran - Action for Mental Health (retired)
Donna Crawford - Transitional Services
Richie Freelock - Consumer
Michelle Jacob - Horizon Health Services
Lorraine Jones - Action for Mental Health
Diane E. Johnson - Action for Mental Health
Brenda Matthews - Buffalo Psychiatric Centre
James Rohl - Break the Circle of Stigma
Beth Saunders - Mental Health Peer Connection
Sharon Ward - Action for Mental Health
Jim Warde - Buffalo Psychiatric Centre
Joseph Woodward - Action for Mental Health



Self-Help Group Definition:

“A self-help group is a gathering of people who have a common bond that voluntarily come together to create and share experiences, reach out and learn from each other in a trusting, supportive, safe and open environment.”

Testimony...

“When these strangers gathered, something happened - Some would call it “A dynamic,” others “grace”- that allowed them to speak truthfully from the depths of their hearts and also to be receptive to each other’s truths, where in other circumstances they could not do either, and, in this giving and taking, to begin to heal. What makes this possible and why it is healing remains the mystery and the miracle of self-help groups.”

*“Notes and Comment”
The New Yorker*



Benefits Provided or Obtained Through “*SELF-HELP*” Participation

COST:

- ◆ Self-Help is extremely affordable, because it is free (Occasionally donations are accepted).

SAFETY:

- ◆ Self-Help groups provide a safe, confidential environment that assists the individual in developing trust.

CHOICE:

- ◆ Self-Help groups provide the opportunity to practice recovery methods with fellow peers. The process is member driven, not agency or system driven. This allows the group members to make decisions, facilitate independence, increase self-reliance and gain back control over their lives. Self-Help is the choice of the individual and may in time decrease the need for professional traditional treatment.

ACCEPTANCE:

- ◆ Self-Help groups provide acceptance within a non-stigmatising and non-judgmental environment.

COPING STRATEGIES:

- ◆ Self-Help assists consumers through sharing and increasing their knowledge and application of coping skills.

HOPE:

- ◆ Self-Help groups help to eliminate despair by providing consumers the opportunity to share experiences, strength and hope in their recovery efforts.

PEER SUPPORT & ROLE MODELS:

- ◆ As peers share with others the recovery tools they have learned, it is with the knowledge and understanding that the one helped today, may be the one to help another tomorrow. Attending a self-help group will offer you the opportunity to be a part of a group in which there are positive role models who have increased their self-awareness and hope of recovery.

SOCIAL BENEFITS:

- ◆ Self-Help groups help to reduce isolation by creating a sense of belonging, by connecting with other people. This will enable an individual to begin to build a social network, and relationships of trust.

EDUCATION & EMPOWERMENT BENEFITS:

- ◆ Participation in a self-help group provides empowerment, in that a person finds as an individual they can make a difference through learning something new. New knowledge, shared within the group is used to make decisions directly affecting their own lives, which can then be applied through advocacy to help themselves and others.

Schedule of Weekly Self-Help Group Meetings

SUNDAY:

Double Trouble in Recovery	11:00AM	Friendship Clubhouse 66 Englewood Ave. Buffalo, NY 14214 Vanessa/835-1919
Mental Health Issues Support Group <i>(Anger, Grief, Love and Depression)</i>	1:00-3:00PM	Action for Mental Health 1585 Kenmore Ave Kenmore, NY 14217 Lorraine Jones/871-0581 ext. 18
SOS (Save Our Selves/ A Secular Organization for Sobriety)	7:30-8:30PM	Terrace House-ADDS 291 Elm Street Buffalo New York 2nd floor Rehabilitation Eric Chinchon/636-7571 ext 226

MONDAY:

Women's Trauma Group	12:00-1:00PM	Lake Shore Behavioural Health 625 Delaware Ave. Buffalo, NY 14202 Diane E. Johnson at 871-0581
Crafts with Carleen	1:00PM	Friendship Clubhouse Ace Employment Agency 66 Englewood Ave Buffalo, NY 14214 Vanessa/835-1919
The Serenity Club (1 st & 2nd Mon. of every month) <i>Open to All Individuals With Mental Health Issues</i>	1:00PM	High Hopes Clubhouse 2969 Bailey Avenue Buffalo, NY 14215 James Rohl at 834-3837
Depression Support Group	1:00-3:00PM	Action for Mental Health 1585 Kenmore Ave Kenmore, NY 14217 Lorraine Jones/871-0581 ext. 18
Depression Support Group	1:00-3:00PM	Independent Living Centre 3108 Main Street Buffalo, NY 14214 Barb Nero at 895-0822 ext. 159

Monday Continued...

Recovery in Christ (2 nd & 4 th Mondays) Using the Bible as a Guide For Recovery in Mental Health	1:00PM	Break the Circle of Stigma High Hopes Clubhouse 2969 Bailey Avenue Buffalo, NY 14215 <i>Jim Rohl/834-3837</i>
Poetry & Creative Writing	1:00-2:15PM Room E-11	Elmwood Wellness Centre 400 Forest Ave. Buffalo, NY 14213 816-2911
Self-Advocacy Groups Meets every other Monday	2:00PM	Friendship Clubhouse Ace Employment Agency 66 Englewood Ave Buffalo, NY 14214 <i>Vanessa/835-1919</i>
Anger Management	2:00PM	Cattaraugus Indian Reservation 1530 Route 430 Irving, New York 14081 NAILS Program/836-0822
Self-Help Group for Gay Men with Mental Health Concerns	5:00-6:30PM	Action for Mental Health 1585 Kenmore Ave Kenmore, NY 14217 <i>Lorraine Jones/871-0581 ext. 18</i>
Eating Disorder Support 1. Open Group (1 st & 3 rd Mon.)	6:00-7:00PM	Eating Disorders Association of Western New York 70 Barker St Buffalo, NY 819-1338
2. Friends & Family (2 nd & 4 th Mon.)	6:00-7:30PM	
Unity Club <i>Bipolar Disorder</i>	6:00-8:00PM	Independent Living Centre 3108 Main Street Buffalo, NY 14214 <i>Doc D'Amato/836-0822 ext. 331</i>
Niagara County Group <i>Depression support</i>	6:00-8:00PM	De Graff Memorial Hospital 1 st Floor Conference Room 445 Tremont N. Tonawanda, NY 14120 <i>Jane/433-3788</i>

**SOS (Save Our Selves/
A Secular Organization for Sobriety)
(Women's SOS)**

7:00-8:00PM

Casa di Vita
200 Albany Street
Buffalo, New York
Eric Chinchon/636-7571 226

**Trauma Group Specific for
Lesbian Women**

6:00-7:30PM

Call *Diane E. Johnson/871-0581*
ext. 14, for a safe, confidential
Location

TUESDAY:

Depression Group

9:30-10:30AM

Del Nor RTC
737 Delaware Ave.
Buffalo, NY 14209
Bob at 885-9894

Let's Talk Self-Help Group

10:00-10:50AM

Elmwood Wellness Centre
400 Forest Ave.
Buffalo, NY 14213
816-2911

"Rainbow of Hope"

Support for formerly
Incarcerated women

10:00-11:30AM

Action for Mental Health
1585 Kenmore Ave
Kenmore, NY 14217
Lorraine Jones/871-0581 ext 18

AA

10:00-12:00PM

Mid-Erie Counselling
1131 Broadway
Buffalo, NY 14212
896-7350

Anger Management

10:30AM

Friendship Clubhouse
Ace Employment Agency
66 Englewood Ave
Buffalo, NY 14214
Vanessa/835-1919

Women's Vocational

1:00-2:30PM

Independent Living Centre
3108 Main St
Buffalo, NY 14214
Cathy Burley/836-0822 ext177

Basic Nutrition Group

1:00-2:00PM

Elmwood Wellness Centre
400 Forest Ave.
Buffalo, NY 14213
Anne-Marie Hussak at 816-2911

W.R.A.P Groups (Wellness Recovery Action Plan)	call for time	Friendship Clubhouse Ace Employment Agency 66 Englewood Ave Buffalo, NY 14214 Vanessa/835-1919
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Tuesday Continued...

Women's Assertiveness Every other Tuesday	1:00PM	Ace Employment Agency 66 Englewood Ave Buffalo, NY 14214 Vanessa/835-1919
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Double Trouble in Recovery (DTR) (For individuals with mental health Issues and a chemical abuse problem)	1-2:30PM	Group Ministries 1333 Jefferson Avenue Buffalo New York 14208 Adrienne/Joyce 883-4367 ext. 24
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Women Trauma Survivors	1:00–3:00PM	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217 Diane E. Johnson/ 871-0581
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Theatre Group	3:00-5:00PM	For more information, call Independent Living Centre 836-0822 ext 170
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First Step <i>Self-Help Group for Consumers in the Work Force</i> (Every Tuesday)	6:00–7:30PM	St. Andrew's Episcopal Church (Parish House) 3107 Main St. Buffalo, NY 14214 Tia at 836-0822 ext. 158
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"Embracing Recovery" Support and education for Family and Friends connected with a person living with mental health issues (Starting 04/19/05)	6:30-8:30 PM	Action for Mental Health 1585 Kenmore Ave Kenmore, NY 14217 Lorraine Jones/871-0581 ext. 18
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Help You Group Come in for a makeover, Including makeup, hair And dress style.	6:30-8:30PM	Independent Living Centre 3108 Main St Buffalo, NY 14214 Sherry Boyd/836-0822 ext 303
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OCD Support Group <i>Obsessive Compulsive Disorder</i> (3 rd Tues. of every month)	7:00PM	Kaleida Health, BGH Comm. Mental Health Centre 80 Goodrich Buffalo, NY 14203 Sue Gunn at 859-2119
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The Serenity Club 3 rd Tues. of every month <i>Open to all Individuals with Mental Health Issues</i>	7:00-8:30PM	Sunset Social Club Mid-Erie Counselling & Treatment 1131 Broadway Buffalo, NY 14212 <i>James Rohl at 834-3837</i>
AA	8:00PM	Stutzman Addiction Treatment Centre 360 Forest Ave Buffalo, NY 14213 882-4900
SOS (Save Our Selves: A Secular Organization for Sobriety)	7:00-8:30PM	Centre for Inquiry 1310 Sweet Home Road Amherst, New York <i>Eric Chinchon/636-7571 226</i>
Four Cornerstones of Recovery 3 rd Tuesday	7:00-8:30 PM	Break the Circle of Stigma Sunset Social Club 1385 Broadway Buffalo, NY 14212 <i>Jim Rohl/ 834-0581</i>

WEDNESDAY:

Handling Your Emotions	10:00-11:00AM	Elmwood Wellness Centre 400 Forest Ave. Buffalo, NY 14213 816-2911
Current Events over Lunch	12:00-1:00PM	Elmwood Wellness Centre 400 Forest Avenue Buffalo, NY 14213 816-2911
"Celebrating with Creativity" Healing Through Art: Women's General Trauma	1:00-2:30PM	Action for Mental Health 1585 Kenmore Avenue Kenmore, NY 14217 <i>Diane E. Johnson/871-0851ext 14</i>
AA	1:00PM	Stutzman Addiction Treatment Centre 360 Forest Ave Buffalo, NY 882-4900

Individual Nutritional Centre Support and Coaching *Appointment Only* (Registered Dietetic Technician)	1:00–3:00PM	Elmwood Wellness Centre 400 Forest Ave. Buffalo, NY 14213 Anne-Marie Hussak at 816-2911
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Double Trouble in Recovery	1:00-2:30PM	Independent Living Centre 3108 Main St Buffalo, NY 14214 Mary Sweat/836-0822 ext 154
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C.H.A.N.G.E. Unlimited	1:30PM	TSI Office Building 1605 Kenmore Ave Kenmore, NY 14217 877-2416
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Wednesday Continued...

SOS (Save Our Selves/ A Secular Organization for Sobriety)	1:30-3:00PM	First Step Centre-ACNC 2470 Allen Avenue Niagara Falls, NY Eric Chinchon/636-7571 ext 226
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Al-Anon and ACOA Support Group	3:00-5:00PM	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217 Lorraine Jones/871-0581 ext.18
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Anger Management Group	3:30-5:00PM	Independent Living Centre 3108 Main Street Buffalo, NY 14214
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AA	5:30-6:30PM	Independent Living Centre 3108 Main St Buffalo, NY 14214 Blaine Hodge/836-0822 ext 182
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Bipolar Disorder "RUSH"	6:00-8:00PM	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217 Lorraine Jones/871-0581 ext.18
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Rivers of Hope 1 st & 3 rd Wednesday of month (A depression and skill group) (Beginning November 3 rd 2004)	6:00-7:30PM	Break the Circle of Stigma High Hopes Clubhouse 2969 Bailey Avenue Buffalo, NY 14215 Jim Rohl/834-3837
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**SOS (Save Our Selves/
A Secular Organization for Sobriety)** 6:30-7:45PM

Kaleida Outpatient
11 W. Main Street
Lancaster, NY
Eric Chinchon/636-7571 ext 226

Tri-View Support Group 7:00PM

Lake Shore Health Care
2nd floor conference room
Mental Health Unit
Routes 5 & 20
Irving, NY 14081
Wally at 934-1272 or Pat 549-4316

Alliance for the Mentally Ill 7:30PM
Family Support Group
(Every 4th Wednesday)

St Paul's Lutheran Church
4007 Main St
Amherst, NY 14226
Mary/877-9415

Wednesday Continued...

OA Meeting 7:00–8:00PM
Over Eaters Anonymous

Mid-Erie Counselling & Treatment
1520 Walden Ave
Cheektowaga, NY 14225
895-6700

**SOS (Save Our Selves/
A Secular Organization for Sobriety)** 7:00to 8:00PM

Clearview Outpatient Clinic
66 Mead Street
North Tonawanda NY
Eric Chinchon/636-7571 ext 226

**SOS (Save Our Selves/
A Secular Organization for Sobriety)** 8:00-9:00PM

Terrace House-ADDS
291 Elm Street
Buffalo New York
2nd floor Rehabilitation
Eric Chinchon/636-7571 ext 226

THURSDAY:

**SOS (Save Our Selves/
A Secular Organization for Sobriety)** 9:30-10:30AM

Terrace House-ADDS
291 Elm Street
Buffalo New York
2nd floor Rehabilitation
Eric Chinchon/636-7571 ext 226

AA 10:00-12:00PM

Mid-Erie Counselling
1131 Broadway
Buffalo, NY 14212
896-7350

Work Support Group	10:30–11:30AM	ACE Employment Friendship Clubhouse 66 Englewood Ave. Buffalo, NY 14214 Vanessa/832-2142
Mary Jane's <i>For Women who are Visually Impaired</i> (Every 2 nd Thursday, call for dates)	12:00–2:00PM	Independent Living Centre 3108 Main Street Buffalo, NY 14214 Maureen Wells/836-0822 ext. 323
Inspiration Station	12:00-1:30PM	Elmwood Wellness Centre 400 Forest Ave. Buffalo, NY 14213 816-2911
<i>Thursday Continued:</i>		
Smoking Cessation	1:00PM	Ace Employment Agency 66 Englewood Ave Buffalo, NY 14214 Vanessa/835-1919
Anger Management	1:00PM	Friendship Clubhouse Ace Employment Agency 66 Englewood Ave Buffalo, NY 14214 Vanessa/835-1919
Anger Management	1:00–2:30PM	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217 Lorraine Jones/871-0581 ext. 18
MICA Day Treatment	3:00-4:00PM	Mid-Erie Counselling 463 William St Buffalo, NY 14204
Networking Group Work with vocational peer Counsellors in learning Job preparation skills	4:30-7:00PM	Independent Living Center 3108 Main St Buffalo, NY 14214 Kevin Smith/836-0822 ext 157 852-0383
Depression Support Group	6:00-8:00PM	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217 Lorraine Jones/871-0581 ext. 18

ADD/ADHD (Attention Deficit Disorder/ Attention Deficit Hyperactivity Disorder) (Cancelled until further notice)	6:15-8:00PM	Action for Mental Health Inc 1585 Kenmore Avenue Kenmore New York 14217 <i>Lorraine Jones/871-0581 ext 18</i>
SOS (Save Our Selves/ A Secular Organization for Sobriety)	6:30-8:00PM	ACNC-Lockport 41 Main Street Lockport, NY <i>Eric Chinchon/636-7571 ext 226</i>
Niagara County Group <i>Mental Health Issues</i>	6:30-8:30PM	De Graff Memorial Hospital 1 st Floor Conference Room 445 Tremont N. Tonawanda, NY 14120 <i>Jane/433-3788</i>

Thursday Continued:

SOS (Save Our Selves/ A Secular Organization for Sobriety)	7:00-8:00PM	Erie County Medical Center 462 Grider Street Buffalo New York 9 th floor room No. 986 <i>Eric Chinchon/636-7571 ext 226</i>
Alliance for the Mentally Ill <i>Support and Education to Families of those with Mental Illness</i> (2 nd Thurs. of the month)	7:30PM	Amherst Community Church 77 Washington Hwy Snyder, NY 14226 877-9415

FRIDAY:

AA	9:00-10:00AM	Elmwood Wellness Center 400 Forest Ave. Buffalo, NY 14213 816-2911
Bipolar Focus & Recovery 2 nd & 4 th Mondays (Cancelled, for more Information call Jim Rohl	11:00-12:30PM	Break the Circle of Stigma High Hopes Clubhouse 2969 Bailey Avenue Buffalo, NY 14215 <i>Jim Rohl/ 834-3837</i>
C.H.A.N.G.E. Unlimited <i>Dual Recovery</i>	1:30PM	TSI Office Building 1605 Kenmore Ave Kenmore, NY 14217 877-2416

Relaxation/Sensory	1:00-2:00PM	Elmwood Wellness Center 400 Forest Ave. Buffalo, NY 14213 816-2911
C.H.A.N.G.E. Unlimited	2:00PM	Alcoholism Council in Niagara County, Inc. 66 Mead St N. Tonawanda, NY 14120 Kathy/694-3214
Panic and Anxiety Group/OCD Support Group	2:00-4:00PM	Action for Mental Health 1585 Kenmore Avenue Kenmore, NY 14217 Lorraine Jones/871-0581 ext. 18
<i>Friday Continued:</i>		
Good Life After Schizophrenia Support Group	5:00PM	Action for Mental Health 1585 Kenmore Avenue Kenmore, NY 14217 Lorraine Jones/871-0581 ext. 18
The Empty Leash Group Support for the loss of a Animal friend	6:30-8:00PM	Independent Living Center 3108 Main St Buffalo, NY 14214 Doc D'Amato/836-0822 ext. 331
South Towns Group * Anxiety * Depression * Panic Disorder * Social Phobia	6:30-8:30PM	St. Mark's Episcopal Church 6595 E. Quaker Road Orchard Park, NY 14127 Lorraine Jones/871-0581 ext. 18
Anger Management	7:00PM	Indian Church of Buffalo 316 Breckenridge Street Buffalo, New York 14213 Wilbur at 628-8388
SOS (Save Our Selves/ A Secular Organization for Sobriety)	7:00-8:00PM	Erie County Medical Center 462 Grider Street Buffalo, New York 9 th floor room No. 986 Eric Chinchon/636-7571 ext 226

S.H.A.D. (Self-help for alternative depression)

Self-help group for gays, lesbians, and transgender persons with depression, for information in details concerning Day, time, and place please call Kim at 881-4231

Coping with the Loss of a Child

(Contact Donna for Dates
and times of meetings)

Jewish Community Center
2640 North Forest Road
Getzville, NY 14068
Donna Possenti/883-1914

SATURDAY:

SOS (Save Our Selves/ A Secular Organization for Sobriety)

11AM-12PM

Terrace House-ADDS
291 Elm Street
Buffalo New York
2nd floor Rehabilitation
Eric Chinchon/636-7571 ext 226

General Trauma: Men and Women

11:00-1:00PM

Action for Mental Health
1585 Kenmore Avenue
Kenmore, NY 14217
Diane E. Johnson/871-0581 ext.14

AA

1:00PM

Stutzman Addiction
Treatment Centre
360 Forest Ave
Buffalo, NY 14213
882-4900

Depression Support Group

6:00-8:00PM

Independent Living Center
3108 Main St.
Buffalo, NY 14214
Barb Nero at 836-0822 ext. 159

***NOTE:**

For more information regarding this directory and other Self-Help Support Groups or sending in group updates

Please contact:

Lorraine Jones Tele: **(716) 871-0581 ext. 18** Fax: **(716) 871-0614**

E-mail: **AMHLJones@choiceonemail.com**

Action for Mental Health Inc
1585 Kenmore Avenue
Kenmore, NY 14217